HATTIESBURG POOL SCHEDULE
August 2020
Schedule subject to change

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td><strong>5:30 to 8 am</strong></td>
<td><strong>8 to 9 am</strong></td>
<td><strong>8 to 9 am</strong></td>
<td><strong>8 to 9 am</strong></td>
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<td><strong>8 am to Noon</strong></td>
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<tr>
<td>Lap Swim &amp; Adult Fitness</td>
<td>WaterFit Classes</td>
<td>WaterFit Classes</td>
<td>Lap Swim</td>
<td>WaterFit Classes</td>
<td>Open Swim</td>
<td>Closed on Sundays until further notice.</td>
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<tr>
<td></td>
<td>Lap Swim &amp; Open Swim</td>
<td>Lap Swim</td>
<td>WaterFit Classes</td>
<td>Lap Swim</td>
<td>Open Swim</td>
<td>Closed Saturday afternoons until further notice.</td>
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<tr>
<td>9 am to 4:30 pm</td>
<td><strong>9 am to 10 am</strong></td>
<td><strong>9 am to 4:30 pm</strong></td>
<td><strong>9 am to 10 am</strong></td>
<td><strong>9 am to 4:30 pm</strong></td>
<td><strong>4:30 to 6:45 pm</strong></td>
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<tr>
<td>Open Swim</td>
<td>WaterFit Classes</td>
<td>WaterFit Classes</td>
<td>Lap Swim</td>
<td>WaterFit Classes</td>
<td>Open Swim</td>
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<td>Lap Swim</td>
<td>Open Swim</td>
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<tr>
<td>4:30 to 6 pm</td>
<td>YHF Swim Practice &amp; Open Swim</td>
<td>YHF Swim Practice &amp; Open Swim</td>
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<td>Lap lanes will be limited during this time.</td>
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<td></td>
<td>Lap Swim &amp; Open Swim</td>
<td>Lap Swim</td>
<td>WaterFit Classes</td>
<td>Lap Swim</td>
<td>Open Swim</td>
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<tr>
<td>6 pm to 6:45 pm</td>
<td>YHF Swim Practice</td>
<td>Waterfit</td>
<td>YHF Swim Practice</td>
<td>Lap Swim</td>
<td>Open Swim</td>
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<tr>
<td>Open Swim</td>
<td>(Shallow end only)</td>
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**Coming in September!**
Swim School Small Group Classes - Adult Swim & Stroke classes - YHF full team returns to the pool!
Follow us on Facebook and check our website for updates!

**Pool Rules**
- Children must be 10 to be in the pool alone
- Children in lifejackets must have a parent in the water and within arms reach at all times
- Diving allowed from deep end wall only
- Prolonged breath holding is not allowed

**Using the Spa**
- You must be 18 years old or older to use the spa.
- For your health, please limit the use of the spa to 10 minutes or less. Consult your physician before using the spa if:
  - you are pregnant
  - you have high blood pressure
  - you have a history of heart problems
  - you have any other medical condition

**Required Lifeguard Breaks**
- When only 1 lifeguard is on duty, the lifeguard is required by Y-USA required code to take a 10 minute break each hour. This break will be taken at the :50 minute mark.
- During this break, all swimmers may be asked to clear the pool and exit the pool deck.

**Due to the COVID-19 pandemic, this schedule is subject to sudden change. Please make every attempt to follow Social Distancing guidelines.**

Financial assistance for all programs is available through funding from The YMCA Campaign for Youth & Families and The United Way of Southeast MS.